

# Vaccines for older adults are still necessary to prevent disease

**By National Association of Area  
Agencies on Aging (n4a)**

Adults still need vaccines: The immune system weakens with age, so older adults are more likely to be infected and develop complications from vaccine-preventable diseases – including long-term illness, hospitalization, and death. Immunity from some vaccines can decrease over time, which means booster doses are necessary to maintain protection. Also, some bacteria or viruses change over time making annual vaccination necessary.

**Vaccines prevent outbreaks and save lives:** Getting vaccinated not only keeps you safe, but can also keep your loved ones from getting sick. For example, although older adults don't usually get whooping cough, they can carry the bacteria and expose others. Because infants are too young to be vaccinated against whooping cough, grandparents can help protect their little ones by getting vaccinated themselves and not spreading the disease. Vaccines also play an important role in the community. People who get vaccinated protect those who are

too young, too old, or too sick to be vaccinated themselves. The more people who are vaccinated, the lower the chance that the disease will spread. This is called “community immunity” or “herd immunity.”

**Vaccines work even if they don't completely prevent a disease:** Some people may still get the disease they were vaccinated against, but they will typically be less ill and less likely to experience complications.

**Skipping vaccines is even more risky if you have serious conditions:** Chronic conditions like heart disease and respiratory illnesses, like COPD, can make it harder to fight off infection and make complications more severe. For example, flu increases your risk of heart attack if you have heart disease; can raise blood sugar to dangerous levels if you have diabetes; and can lead to pneumonia and serious respiratory problems if you have chronic lung disease.

**Even if your doctor doesn't bring it up, you still need vaccines:** Most adults see more than one health care professional, and vaccine records may be scattered amongst them. Your health care professional may not know you are due for a vaccine or may forget to bring it up. That doesn't mean you don't need any vaccinations, so be sure to ask if you are up-to-date and use a wallet card or phone app to track which vaccines you have received and when.

*Information for this article came from the n4a publication titled "Our Best Shot: The Truth About Vaccines for You and Your Loved Ones."*



# Upcoming classes and workshops for Winter 2018

## Living Well with Chronic Conditions Workshop

Living Well with Chronic Conditions is a workshop series that educates and helps participants balance and improve their health if they have chronic conditions such as arthritis, high cholesterol, hyper-

tension, obesity, stroke, anxiety/depression, or emphysema. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Living Well with  
Chronic Conditions  
begins Feb. 6 – March

13 at the University of Utah Farmington Health Center (165 N. University Avenue, Farmington) from 10 a.m.– 12:30 p.m.

To register, visit [livingswell.utah.gov](http://livingswell.utah.gov). For more information, call Ann Workman 801-525-5061.

## Stepping On Fall Prevention Workshop

Are you afraid of having a fall? Do you feel like you may be at risk for an injury from a fall? Stepping On is an evidence-based program proven to reduce falls

and build confidence in older people. Presenters such as a physical therapist, pharmacists and vision experts help you gain specific knowledge and skills to prevent falls. Stepping On Fall Prevention Workshop begins

Thursdays, Jan. 18 –  
March 1 from 2-4 p.m.,  
at the Bountiful Library  
(725 South Main Street  
Bountiful).

Call 801-525-5050 to reserve your seat at the workshop.

# Free Dementia Dialogues course begins Jan. 9

Davis County Senior Services Family Caregiver Support Program is offering a five session course for caregivers with friends or family members who have Dementia. The once every-other-week course is called Dementia Dialogues. To help individuals better care for those who suffer from Dementia, the course provides information and basic training on communication, addressing challenging behavior, and creative problem solving.

Seating for the free course is limited and is offered at two different

locations. The every-other-Tuesday sessions of Dementia Dialogues start Jan. 9 at Fairfield Village of Layton (1205 N. Fairfield Road, Layton). Also, there is an every-other-Thursday series of classes starting Jan. 11 at Golden Years Senior Activity Center (726 South 100 East, Bountiful). Either location's classes are held 3-4:30 p.m.

For more information and details on the Dementia Dialogues, or to reserve your spot, call Sonia Siguenza at 801-525-5105 or Davis County Senior Services at 801-525-5050 option 5.

## Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, Jan. 24,  
6:30-7:30 p.m. – Kaysville  
Library (215 Fairfield Road,

Kaysville)

- Tuesday, Feb. 13,  
6:30-7:30 p.m. – Clearfield  
Library (562 S. 1000 E.,  
Clearfield)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or [jmsmith@daviscountyutah.gov](mailto:jmsmith@daviscountyutah.gov).






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All issues of Senior Scoop are available at  
[www.daviscountyutah.gov/senior\\_scoop](http://www.daviscountyutah.gov/senior_scoop)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	 <h1>January</h1>			<b>4</b> <b>CD</b> – Lifetime Fitness 9 Tai Chi 9:30 <b>GY</b> – Lapidary 8:30 Sing-a-long 10:30 <b>ND</b> – Theatre Thursday 12	<b>5</b> <b>CD</b> – Arthritis Exercise 9 Internet 101 9:30 <b>GY</b> – Enhance-Fitness 8 Watercolor 9 <b>ND</b> – Bingo 12:30	6
7	<b>8</b> <b>CD</b> – **Sign Language Class 2-3:30 Game Day 2 <b>GY</b> – Pencil Art Class 9 Yoga 10 <b>ND</b> – Texas Hold 'Em 12	<b>9</b> <b>CD</b> – Stay Fit presentation 11:30 Tai Chi Chair 10:30 <b>GY</b> – Zumba 9:30 <b>ND</b> – Quilters 10 Pinochle 12:30	<b>10</b> <b>CD</b> – **Water-color 9:30 Memory Magic 10:30 <b>GY</b> – Stained Glass 9 Positive Aging 4:45 <b>ND</b> – Bingo 12:30	<b>11</b> <b>CD</b> – **Road Trip 10:30 Felt Family Karaoke Singers 11:30 <b>GY</b> – Dancing Grannies 8:30 <b>ND</b> – Boredom Buster Games 11:30	<b>12</b> <b>CD</b> – **AARP Smart Driving Bingo 10:15 <b>GY</b> – **Trip to Kingsbury Hall Tai Chi 9:30 <b>ND</b> – **Lunch at The Greenery Bingo 12:30	13
14	<b>15</b> <b>Centers Closed</b>  <b>MLK Jr. Day</b>	<b>16</b> <b>CD</b> – Tai Chi 9:30 Square Dancing 12:30 <b>GY</b> – Sit n Fit 8:30 Woodcarving 9 <b>ND</b> – China Painting 9	<b>17</b> <b>CD</b> – Arthritis Exercise 9 Food Addicts 6:30-8 p.m. <b>GY</b> – Ceramics 9 Line Dancing 10 <b>ND</b> – Art 9 Tech Lab 10 Bingo 12:30	<b>18</b> <b>CD</b> – Food Sense 11 ASL Support Group 2 <b>GY</b> – Arthritis Class 12:30 Grocery Shopping 12:30 <b>ND</b> – Pinochle 10	<b>19</b> <b>CD</b> – Lapidary 8:30 Movie 12:30 <b>GY</b> – Stained Glass 9 Tai Chi 9:30 <b>ND</b> – Texas Hold 'Em 12 Bingo 12:30	20
21	<b>22</b> <b>CD</b> – Lunch/Bell Choir 11:30 <b>GY</b> – Arthritis Class 12:30 Oil Painting 1 <b>ND</b> – Yellow Dot program 10:45 Texas Hold 'Em 12	<b>23</b> <b>CD</b> – Lifetime Fitness 9 Reiki 10:30 <b>GY</b> – Dancing Grannies 8:30 <b>ND</b> – Lapidary 8 Blood Pressure Clinic 10 Quilters 10	<b>24</b> <b>CD</b> – Water Color 9:30 Ceramics 12 <b>GY</b> – Sit n Fit 8:30 Senior Social 11:15 <b>ND</b> – **Lunch at Chuck A Rama	<b>25</b> <b>CD</b> – **Pie Pizza in Clinton 11:30 Shopping 12 <b>GY</b> – Lapidary 8:30 Craft Class 9:30 <b>ND</b> – Pinochle 10 Food Sense 10:30	<b>26</b> <b>**CD, GY &amp; ND January Birthday Party</b> <b>CD</b> – Internet 101 9:30 <b>GY</b> – Howard's Band 11:30 <b>ND</b> – Bingo 12:30	27
28	<b>29</b> <b>CD</b> – Bingo 10:15 Game Day 12:30 <b>GY</b> – Stained Glass 9 Line Dancing 10 <b>ND</b> – Health Tips w/ Gina 11:15 Bingo 12:30	<b>30</b> <b>Centers Closed for Department In-Service Training</b> 	<b>31</b> <b>CD</b> – Lifetime Fit 9 Pinochle 12:30 <b>GY</b> – Ceramics 9 Bingo 12:30 <b>ND</b> – Art Class 9 Tech Lab 10 Texas Hold 'Em 12	<b>Feb 1</b> <b>CD</b> – Tai Chi 9:30 Reiki 10:30 <b>GY</b> – Craft Class 9:30 Grocery Shopping 12:30 <b>ND</b> – Theatre Thursday 12 Pinochle 10	<b>Feb 2</b> <b>CD</b> – Lapidary 8:30 Internet 101 9:30 <b>GY</b> – Line Dancing 9:30 Tai Chi 9:30 <b>ND</b> – Texas Hold 'Em 12 Bingo 12:30	3

**(Note: Not all activities are available at all times.)**

**CD ~ Central Davis**  
**(801) 444-2290**  
**81 East Center Street**  
**Kaysville, UT 84037**

**GY ~ Golden Years**  
**(801) 451-3660**  
**726 South 100 East**  
**Bountiful, UT 84010**

**ND ~ North Davis**  
**(801) 525-5080**  
**42 South State Street**  
**Clearfield, UT 84015**